

I Claim

1. A method of suppressing appetite in an individual, comprising the steps of:
  - (a) applying an electrical current to the skin of the individual in at least one session to stimulate the nerve pathways innervating the stomach, the  
5 current having a current intensity, pulse frequency and pulse duration;
  - (b) monitoring the effect of the current applied in said step (a) on the individual's appetite; and
  - (c) adjusting at least one of the current intensity, pulse frequency, pulse duration if said step (b) indicates that said step (a) does not  
10 suppress the individual's appetite.
2. A method of suppressing appetite in an individual as recited in claim 1, wherein said step (c) occurs after a single session in said step (a).
- 15 3. A method of suppressing appetite in an individual as recited in claim 1, wherein said step (c) occurs only after multiple sessions in said step (a).
4. A method of suppressing appetite in an individual as recited in claim 3, wherein said step (c) occurs only after between 2 and 10 sessions.

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5. A method of suppressing appetite in an individual as recited in claim 1, wherein each session of said at least one session lasts approximately one-half hour.
- 5 6. A method of suppressing appetite in an individual as recited in claim 1, wherein said step (a) of applying an electrical current to the skin of the individual comprises the steps of locating a first electrode approximately at a top of the spine and a second electrode at approximately a bottom of the spine.
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7. A method of suppressing appetite in an individual as recited in claim 1, wherein said step (a) of applying an electrical current to the skin of the individual comprises the steps of locating a first electrode approximately at a top of the thoracic spine and a second electrode at approximately a
- 15 bottom of the thoracic spine.
8. A method of suppressing appetite in an individual as recited in claim 1, wherein said step (a) of applying an electrical current to the skin of the individual comprises the steps of locating a first electrode approximately at
- 20 T6 of the thoracic spine and a second electrode at approximately T10 of the thoracic spine.

9. A method of suppressing appetite in an individual as recited in claim 1,  
wherein said step (a) of applying an electrical current to the skin of the  
individual comprises the steps of locating a first electrode to the left of,  
and a second electrode to the right of, one of T6 through T10 of the  
5 thoracic spine.
10. A method of suppressing appetite in an individual as recited in claim 1,  
wherein said step (a) of applying an electrical current to the skin of the  
individual comprises the steps of locating a first electrode to the left of a  
10 first portion of the spine, and a second electrode to the right of a second  
portion of the spine below the first portion.
11. A method of suppressing appetite in an individual as recited in claim 1,  
wherein said step (a) of applying an electrical current to the skin of the  
15 individual comprises the steps of applying a current having a current  
intensity of between 10 mA and 40 mA.
12. A method of suppressing appetite in an individual as recited in claim 1,  
wherein said step (a) of applying an electrical current to the skin of the  
20 individual comprises the steps of applying a current having a pulse  
frequency of between 150 pulses per minute and 180 pulses per minute.

13. A method of suppressing appetite in an individual, comprising the step of:
- (a) applying transcutaneous electrical nerve stimulation with a first electrode at a first point on the skin proximate the individual's spine and with a second electrode at a second point on the skin proximate the individual's spine in at least one session to stimulate the sympathetic celiac ganglia, the stimulation of the sympathetic celiac ganglia resulting in appetite suppression.
14. A method of suppressing appetite in an individual as recited in claim 13, further comprising a step of adjusting one or more of the parameters of the electrical current of the transcutaneous electrical nerve stimulation to optimize the current for appetite suppression.
15. A method of suppressing appetite in an individual as recited in claim 13, wherein said step (a) of applying an electrical current to the skin of the individual comprises the steps of locating a first electrode approximately at a top of the spine and a second electrode at approximately a bottom of the spine.
16. A method of suppressing appetite in an individual as recited in claim 13, wherein said step (a) of applying an electrical current to the skin of the individual comprises the steps of locating a first electrode approximately at

a top of the thoracic spine and a second electrode at approximately a bottom of the thoracic spine.

17. A method of suppressing appetite in an individual as recited in claim 13,  
5 wherein said step (a) of applying an electrical current to the skin of the individual comprises the steps of locating a first electrode approximately at T6 of the thoracic spine and a second electrode at approximately T10 of the thoracic spine.
- 10 18. A method of suppressing appetite in an individual as recited in claim 13, wherein said step (a) of applying an electrical current to the skin of the individual comprises the steps of locating a first electrode to the left of, and a second electrode to the right of, one of T6 through T10 of the thoracic spine.
- 15 19. A method of suppressing appetite in an individual as recited in claim 13, wherein said step (a) of applying an electrical current to the skin of the individual comprises the steps of locating a first electrode to the left of a first portion of the spine, and a second electrode to the right of a second  
20 portion of the spine below the first portion.